

Cooking for Kids

Recipe Sizing Report

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Feb 14, 2022

000358 - Monterey Chx Flatbread CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 flatbread	Meat/Alt: 1.5 oz Grains: 1 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050385 OIL, VEGETABLE..... 799939 GARLIC,RAW..... 051520 Chicken, Diced, Cooked, Frozen.....	2 1/2 tsp 2 1/2 tsp (minced) 1 lb + 14 7/8 ozs	1. In a large pot on medium heat on stovetop, place oil, garlic, and chicken. Cook until chicken is thawed, or if already thawed, for 3 minutes.
011333 PEPPERS,SWT,GRN,RAW..... 011282 ONIONS,RAW..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 799902 CUMIN,GROUND.....	3 1/4 cup (chopped) 3 cup (chopped) 2 1/2 tsp 1 1/4 tsp	2. Add peppers, onions, and seasonings. Cook for an additional 5 minutes or until peppers and onions are tender. Internal temperature must reach 165° F.
902951 Bread Whole Grain Flatbread..... 901839 CHEESE, MOZZARELLA, LITE-COMMOD....	12 1/2 EACH 3 1/8 cups	3. To serve, place chicken mixture on each flatbread. Top with cheese and return to oven to allow cheese to melt, about 5 minutes.

*Nutrients are based upon 1 Portion Size (1/2 flatbread)

Calories	183 kcal	Cholesterol	31 mg	Sugars	*2.3* g	Calcium	121.34 mg	28.46%	Calories from Total Fat
Total Fat	5.79 g	Sodium	296 mg	Protein	14.71 g	Iron	1.18 mg	7.66%	Calories from Saturated Fat
Saturated Fat	1.56 g	Carbohydrates	17.39 g	Vitamin A	138.5 IU	Water ¹	*42.56* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.20 g	Vitamin C	17.4 mg	Ash ¹	*0.77* g	37.97%	Calories from Carbohydrates
								32.12%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.